

## **Mental Health Treatment**

**All Community Mental Health Centers give free care to the uninsured low-income, or treatment that is based on a sliding scale dependant on the person's income.**

**Adair, Dallas, Guthrie and Madison Counties**

**Adams, Clarke, & Taylor Counties**

**Benton, Jones, & Linn Counties**

**Black Hawk County**

**Bremer, Butler and Chickasaw Counties**

**Carroll and Audubon County**

**Cedar, Iowa, Louisa and Johnson Counties**

**Crawford and Sac Counties**

**Decatur County**

**Decorah**

**Delaware County**

**Iowa City**

**Jasper County**

**Montgomery County**

**Polk County**

**Polk and Warren Counties**

**Scott County**

**Spencer**

**Warren County**

### **Adair, Dallas, Guthrie and Madison Counties**

#### **West Central Mental Health Center**

**2111 West Green Street**

**Adel, Iowa 50003**

**(515) 993-4535**

**1-800-622-2020**

**Web site: [www.wia14.org/adair/adair\\_westcentral.html](http://www.wia14.org/adair/adair_westcentral.html)**

**Counties served: Adair, Dallas, Guthrie,  
Madison**

#### **Services:**

- **Blindness**
- **Brain Injury**
- **Mental Illness**
- **Multiple handicaps**
- **Serious Behavior problems**
- **Medically fragile**
- **Mental Retardation-Mild, Moderate**
- **Physical Disabilities**
- **Emotionally disturbed as primary diagnosis**

**Adair County does not have community support services. Services are done at Winterset. Transportation available from Adair County by request.**

**Satellite office in Greenfield is open through a referral from the center.**

### **Adams, Clarke, and Taylor Counties**

#### **Crossroads Mental Health Center**

**1003 Cottonwood**

**Creston, IA 50801**

**(641) 782-8457**

**1-800-622-5168**

**Or:**

**820 North Main**

**Osceola, IA 50213**

**(641) 342-4888**

**Satellite Offices:**

**Adams County  
Methodist Church  
9th and Nodaway  
Corning, Iowa 50841**

**Or:**

**Clarke County  
820 N. Main  
Osceola, Iowa 50213**

**Or:**

**Taylor County  
310 Main Street  
Bedford, Iowa 50833**

**Or:**

**Don Keast Accounting Service  
117 N Main - Rear Entrance  
Lenox, Iowa 50851**

**Web site: [www.wia14.org/adams/adams\\_crossroads.html](http://www.wia14.org/adams/adams_crossroads.html)**

**Population Served: Serves Adams, Clarke and Taylor counties.  
Individuals, couples, families, and groups in need of support, counseling or  
therapeutic services.**

**Referrals can be made by self or through physicians, pastors, attorneys,  
schools, community agencies, friends, or relatives. Serves Adams, Clarke,  
Ringgold, Taylor, and Union Counties. Paid through client fees, insurance  
and support by county governments. Individual fees are on a sliding fee  
schedule based on family income and number of dependents.**

**Services Offered:**

**Provides support, counseling and therapeutic services for individuals,  
couples, families, and groups. Outpatient mental health and substance  
abuse services in the following areas:**

- **Individual Psychotherapy**
- **Counseling Family Therapy**
- **Play Therapy**
- **Workshops**
- **Education**
- **Community Support Services**
- **Bio-feedback**

- Psychological Testing and Evaluation
- Marital
- Group Therapy
- Sexual Abuse Therapy
- Consultation
- Medication Management
- Hypnosis
- Employee Assistance
- Prescreening for Voluntary Hospitalization

**Benton, Jones, & Linn Counties**

**Abbe Center For Community Mental Health**

**Main Center**

**520 11th St. NW**

**Cedar Rapids, IA 52405**

**Phone: 319-398-3562**

**Crisis Line: 319-398-3562**

**Benton County Satellite Offices**

**1701 Second Ave.**

**Vinton, IA 52349**

**Phone: 319-472-5226**

**Crisis Line: 319-398-3562**

**Or:**

**819 12th Street, Suite A**

**Belle Plaine, IA 52208**

**Phone: 319-398-3562**

**Crisis Line: 319-398-3562**

**Or:**

**Jones County Satellite Office**

**Anamosa Hospital 319-398-3562**

**Crisis Line: 319-398-3562**

**Web site: <http://abbefamily.com/accmh/>**

**Serves Linn, Benton and Jones counties.**

**As a service to our clients, we file all claims with third party insurance carriers, Medicaid, and Medicare. Private pay clients are welcome. Financial assistance may be available.**

**Services Offered:**

- Consultative Services and Educational Programs
- Evaluation Services
- Employee Assistance Programs
- Crisis Intervention/Critical Incident Stress Management
- Community Outreach
- Children & Families
- Dual Diagnosis
- Serious & Persistent Mental Illness Program of Assertive Community Treatment (P.A.C.T.)
- Adult Day Treatment
- Transitional Living Services
- Community Support Program
- Case Management

### **Black Hawk County**

**Black Hawk - Grundy Mental Health Center**  
**3251 West 9th Street**  
**Waterloo, IA 50702-5399**  
**Phone: 319-234-2893**  
**Fax: 319-234-0354**

### **Bremer, Butler and Chickasaw Counties**

**Cedar Valley Mental Health Center**  
**111 10th St SW**  
**Waverly, IA 50677**  
**Phone: 352-2064**  
**Fax: 352-2329**  
**Hours: M,W,Th & F 8am-5pm**  
**Tuesday 8am-7pm**  
**E-mail: [cvmhc@wl-p.net](mailto:cvmhc@wl-p.net)**

#### **Services Provided:**

- Outpatient
- Emergency
- Evaluation
- Education
- Counseling and community support

Services provided at a reduced rate for residents in Bremer, Butler and Chickasaw counties.

**Carroll and Audubon Counties**

**Carroll Regional Counseling Center**

**324 E. 7th Street**

**Address: Box 754**

**Carroll, IA 51401**

**Phone: 712-792-5728**

**24 hour crisis line: 1-800-562-6060**

**Carroll, IA 51401**

**Services Provided:**

- Family and children counseling
- Testing and psychiatric services
- Topics such as sexual abuse
- Attention deficit
- Behavior addressed
- Play therapy and parenting classes offered.
- Supported employment for adults with chronic mental illness.
- Outpatient-Psychotherapy
- Evaluation
- Emergency
- Psychiatric Clubhouse
- Intensive Psychiatric Rehab
- Case Mgt

**Client population served: Residents of Carroll and Audubon Counties**

**Cedar, Iowa, Louisa and Johnson Counties**

**Mid-Eastern Iowa Community Mental Health Center**

**507 East College Street**

**Iowa City, IA 52230**

**Phone: 319-388-7884**

**Toll Free: 1-800-388-7884**

**Fax: 319-388-7006**

**E-mail: [szastrow@meimhc.org](mailto:szastrow@meimhc.org)**

**Web site: [www.jccn.iowa-city.ia.us/~cmhc/](http://www.jccn.iowa-city.ia.us/~cmhc/)**

**Serves: Johnson, Cedar, Iowa and Louisa counties.**

**Fees are determined on a sliding scale based on household income and county eligibility. If you have private insurance you will be responsible for the co-payment. Some insurance policies limit the type and amount of services available to you.**

- **Psychiatry**
- **Psychology**
- **Counseling & Psychotherapy**
- **Intensive Psychiatric Rehabilitation Services (IPRS)**
- **Group Therapy**
- **Play Therapy**
- **Homeless Outreach**
- **School Liaison Program**
- **Supported Community Living (SCL)**
- **Clubhouse**
- **Family Services**
- **Community Employee Assistance Program**
- **Crisis Intervention is available 24 hours a day.**
- **Consultation & Education**

### **Crawford and Sac Counties**

#### **West Iowa Community Mental Health**

**West Annex**

**1710 W. Main St.**

**Sac City, Iowa 50583**

**Phone: (712) 662-7604**

**Fax: (712) 662-4979**

**Sac City Office Hours: (M-T-W-F 8-5)**

**(TH: 8-8) 712-662-7604**

#### **Also At:**

**2020 1St. Ave. South**

**P.O.Box 187**

**Denison, IA 51442-0187**

**Phone: (712) 263-3172**

**Fax: (712) 263-5756**

**Denison Office Hours: (M-T-W-F 8-5)**

**(TH: 8-8) 712-263-3172**

**Web site: <http://www.wicmhc.com/>**

**Serves Crawford and Sac Counties.**

**State Wide Crisis Line 800-332-4224**

**Emergency Services after 5:00 P.M.**

**Crawford County Memorial Hospital 712-263-5021**

**Loring Hospital 712-662-7105**

**Ask to speak with a Mental Health professional and the hospital will contact the on call Clinician, who in turn will contact you.**

**Services:**

- **Therapy**
- **Psychiatric Services**
- **Supportive Community Living**
- **Tracker Services**
- **Mental Health Specialist>**
- **Family Link Program**
- **The Community Link Program**

**Decatur County**

**Rathbun Area Mental Health Center**

**211 E. State Street, Box 886**

**Centerville, Iowa 52544**

**(641) 856-6471**

**Or**

**Decatur County Served through Satellite Offices**

**Leon (Tuesdays and Fridays)**

**105 S. Main**

**Leon, Iowa 50144**

**(641) 446-4511**

**Or**

**Lamoni**

**(Wednesdays - 9:00 am - 12:00 noon)**

**Community Center**

**108 S. Chestnut**

**Lamoni, Iowa 50140**

**(641) 784-6742**



**Fees are based on income. Covered by Title XIX and private insurance.**

**Population Served:**

**Youth and adults with the following conditions:**

**Mental health services offered as they relate to the following:**

- **Brain Injury**
- **Physical Disabilities**
- **Mental Illness**
- **Serious Behavior Problems**

**Services Offered:**

- **Information and Referral**
- **Diagnosis and Evaluation**
- **Prevention**
- **Public Education**
- **Community Living Skills**
- **Cognitive/Behavioral Treatment**
- **Support Services**

**Decorah**

**Lutheran Social Services satellite office**

**Decorah Lutheran Church**

**309 Winnebago St.**

**Decorah, IA 52101**

**563-582-0044 (Dubuque Office)**

**Mary Schwartz, Dubuque LSS Office, comes to Decorah every other Thursday. Individual and family counseling. Sliding fee scale related to individual or family income. To arrange an appointment, please call the Dubuque office directly.**

**Northeast Iowa Mental Health Center**

**905 Montgomery St.**

**Decorah, IA 52101**

**382-3649**

**General mental health and substance abuse counseling; psychiatrist on staff.**

## **Delaware County**

**Delaware Country Mental Health Center**  
**709 W Main St.**  
**Manchester, IA 52057-1526**  
**(563) 927-7330**

## **Iowa City**

**Crisis Center**  
**1121 Gilbert Court**  
**Iowa City, Iowa 52240**  
**351-0140 (24-hour line)**  
**E-mail: [information@JohnsonCountyCrisisCenter.org](mailto:information@JohnsonCountyCrisisCenter.org)**  
**Web site: [www.JohnsonCountyCrisisCenter.org](http://www.JohnsonCountyCrisisCenter.org)**

**Services include:**

- **Crisis Counseling and Suicide Intervention**
- **Food Bank and Emergency Assistance**
- **Information and Referrals**

**The Crisis Center provides basic emotional and material support through trained volunteers and staff in an accessible, nonjudgmental, and caring environment.**

**The Crisis Center responds -- immediately, effectively, and compassionately -- as it has since its establishment in 1970. Extensive community support has made it possible for the Center to serve those in need in the past; continued support will make it possible in the future.**

## **University Of Iowa Faculty and Staff Services**

**Conveniently located in the Plaza Centre One building on the pedestrian mall in downtown Iowa City. Free parking and bus passes are available. Sessions may also be arranged at the UI Behavioral Health offices at The University of Iowa Hospitals and Clinics and at the University Services Building located on W. Prentiss Street.**

**Employees can schedule an appointment by calling 335-2085 Monday through Friday, from 8 am to 5 pm. For crisis situations, same-day appointments can be arranged.**

**Employees can call 335-2085 seven days a week, 24 hours a day to speak with a health care professional who will facilitate the appropriate services.**

**We offer brief counseling (up to 4 sessions at no charge) for assistance with personal, family or work-related problems. Assessment helps those involved define the nature and extent of the issues. A counselor will help identify the concerns and discuss possible solutions.**

**After assessment, if further counseling is indicated, our counselors will identify appropriate resources and help determine treatment goals. It may be appropriate to continue with the same counselor on a fee basis, or to refer to other University or community providers. We will facilitate the referral process and follow up to ensure your individual needs are being met.**

**Employees are responsible for payment of services provided by other agencies. The employee's health insurance plan may provide some coverage.**

**Some common areas of assistance include:**

- **Job stress**
- **Alcohol and other drug dependency**
- **Emotional concerns (e.g. Depression or Anxiety)**
- **Marital/relationship problems**
- **Parent/child conflict**
- **Referral to trained financial counselors**
- **Health or medical concerns**
- **Psychiatric concerns**
- **Social adjustment concerns**
- **Performance problems**
- **Difficulties with fellow employees**
- **Recovery from traumatic events**
- **Dealing with loss and grief**

**University Of Iowa Hospital And Clinics**

**Department of Psychiatry**

**[www.uiowa.edu/hr/fss/index.html](http://www.uiowa.edu/hr/fss/index.html)**

**(Fees vary for types of services offered and insurance coverage.)**

**1911 John Pappajohn Pavilion**

**Iowa City, IA 52242**

**(319) 356-0843**

- Diagnostic evaluations
- Comprehensive outpatient & inpatient treatment
- Individual and group therapy
- Partial Hospital - Day Hospital 8 am - 6 p.m.
- Outreach
- Emergency Room Care 24 hours/day (353-6314)

### **University Of Iowa Counseling Services**

No fee- registered students only. One free consultation- non- registered students.)

University of Iowa  
3223 Westlawn Bldg.  
Iowa City, IA 52242  
(319) 335-7294

- Group therapy for bulimia (women only)
- Consultation & referrals for individual counseling
- Individual counseling (time -limited (up to 10 sessions)

### **Womens' Resource And Action Center**

(No fee)

University of Iowa  
130 N. Madison Street  
Iowa City, IA  
(319) 335-1486

Web site: [www.uiowa.edu/~wrac/index.html](http://www.uiowa.edu/~wrac/index.html)

- Support group for anorexia, bulimia and compulsive eating

### **Health Iowa**

No fee - registered students only)

Student Health Services

University of Iowa  
4189 Westlawn  
Iowa City, IA 52242-1100  
(319) 335-8394

- Nutrition Counseling
- Fitness Assessment/Counseling
- Stress Management Counseling
- Substance Abuse Counseling

**Student Health Service**

(No fee for most services - Registered students only. May be charge for some services)

**University of Iowa**

**4189 Westlawn**

**Iowa City, IA 52242**

**(319) 335-8392**

- **Physical Exams**
- **Lab work (if needed)**
- **Psychiatry**

**Jasper County**

**Capstone Center, Inc.**

**306 N. 3rd Avenue East**

**Newton, IA 50208**

**Phone: 641-792-4012**

**Fax: 641-791-0697**

**Montgomery Country**

**Waubonsie Mental Health Center**

**P.O. Box 457**

**Clarinda, Iowa 51632**

**(712) 542-2388**

**24-Hour: 1-800-432-1143**

**Satellite offices in Red Oak, Shenandoah, Sidney Call Clarinda for appointment at Satellite offices.**

**Services Offered:**

**Services for individuals whose major disability is mental illness include:**

- **Diagnosis & Evaluation**
- **Case Management**
- **Support Services**
- **Community living skills**
- **Cognitive/behavioral treatment**
- **Medical Treatment**
- **Vocational**

**Other problem areas that can be referred: Families or individuals having problems with life adjustments, stress, acting out.**

**Part-time Psychiatrist.**

**Population Served:**

- **Individuals with illness, age 3 and older.**

### **Polk County**

**Eyerly-Ball Community Mental Health Center**

**1301 Center Street**

**Des Moines, IA 50309**

**515-243-5181**

**A comprehensive mental health center that provides outpatient individual, family and group psychotherapy.**

**Broadlawns Medical Center**

**1801 Hickman Road, Des Moines, Iowa 50314**

**Phone: 515-282-5695**

**To schedule an appointment (515) 282-2331**

**Crisis Line: (515) 282-5752**

**Web site: [www.broadlawns.org/mental\\_health1.htm](http://www.broadlawns.org/mental_health1.htm)**

**Community wellness initiatives, continuing staff education, new equipment purchases, maintaining and improving the medical-health services available to all residents of Polk County, and providing health services which meet the needs of the uninsured and underinsured of our community are examples of the support needed by Broadlawns.**

**Services Provided**

- **Community Access Program (CAP)** This program provides services to adults who have a chronic mental illness. The program's goals are to help people manage illness and develop an independent life in the community. Participants in this program are limited to referrals. Please call (515) 697-6720 for questions regarding eligibility.
- **Positive Alternatives to Hospitalization Program (PATH)**
- **Homeless Mental Health Program**
- **Family Outpatient Center of Unified Services (FOCUS)** The FOCUS program is located at Cowles School to provide support to children

- with mental illness in a therapeutic classroom environment. Call (515) 362-4021 for information
- Residential Group Home
  - Psychiatric Medication Clinic
  - Psychiatric Outpatient Services
  - Psychological Evaluations
  - Mental Health Therapy Services
  - Inpatient Adult Psychiatric Unit
  - Mental Health Partial Hospitalization

**Polk and Warren Counties**

**Orchard Place - Child Guidance Center**

925 SW Porter Avenue

Des Moines, IA 50315

(515) 285-6781

Web site: [www.orchardplace.org/](http://www.orchardplace.org/)

And

**Child Guidance Center**

1206 Pleasant Street

Des Moines, IA 50309

(515) 244-2267

And

**PACE**

620 8th Street

Des Moines, IA 50309

(515) 697-5700

We offer:

- Outpatient Services
- Residential Services
- Community-based Services (Click here for PACE JJC Website)
- School-based Services
- Juvenile Justice Services
- Addictive Services

Our services include:

- **Psychiatric assessment**
- **Medication monitoring**
- **Diagnostic evaluations**
- **Play therapy**
- **Individual and family therapy**
- **In-home therapy services**

**Service hours are flexible with some evening and Saturday appointments. Please call (515) 287-9616 or (515) 244-2267 for details.**

**Charges to families in Polk and Warren counties vary according to income and family size. Charges to families living in other geographic area (unless a parent works in a company solicited by United Way of Central Iowa) are based on the full cost of service.**

### **Scott County**

**Vera French Community Mental Health Center**

**1441 West Central Park Avenue**

**Davenport, IA 52804**

**Phone: 563-383-1900**

**TDD: 563-884-4144**

**Crisis Line: 563-383-1900**

**E-mail: [mail@verafrenchmhc.org](mailto:mail@verafrenchmhc.org)**

**Web site: <http://www.verafrenchmhc.org/>**

**A sliding-scale fee structure determines payment based on income for Scott County residents. We also accept payments from Medicare, Medicaid, and commercial insurance companies. Serves Scott County. Services:**

**Emergency services, in cooperation with Genesis Medical Center Behavioral Health Unit, are available 24 hours a day, seven days a week at 563.383.1900.**

- **Adult Partial Hospital**
- **Community Support Programs**
- **The Rummage Closet**
- **Housing**
- **Outpatient**
- **Outreach**
- **Residential**



### Spencer

**Seasons Center for Community Mental Health**  
**Outreach Mental Health Services for Rural Population**  
**Address: 201 E. 11th St.**  
**Spencer, IA 51301**  
**Hours Available: 8:00 a.m. - 5:00 p.m. Monday through Friday**  
**Telephone: 712-262-2922**

**Description of Services:** Each Center may provide a unique array of services which could include inpatient services, partial hospitalization, supported community living, general outpatient counseling services, case management, educational groups, support groups, and specialized consultation services to the farming community.

**Fees, eligibility, geographic area served (if regional in scope):** Fee structure is a sliding fee based on eligibility with county approval. Providers accept insurance payments, Medicare, Medicaid as well as private pay. Some centers have the ability to waive costs for consultation and educational services. Others do not have such ability.

### Warren County

**Warren County Mental Health**  
**301 N Buxton, Suite 213**  
**Indianola, IA 50125**  
**Kristi Dierking, Administrator**  
**Phone: 515-961-1068 or 515-961-1145**  
**Fax: 515-961-1142**  
**E-mail: [kristid@co.warren.ia.us](mailto:kristid@co.warren.ia.us)**

### **Compulsive Gambling**

### Dubuque

### Dubuque

**The Gambling Treatment Program**  
**907 West Main St.**  
**P.O. Box 31**  
**Dubuque, IA 52001**

**319-583-1216**

**Web site: [www.sasc-dbq.org](http://www.sasc-dbq.org)**

**Note: Appointments with The Gambling Treatment Program may also be scheduled in Decorah by calling 1-888-771-6771 (toll free).**

**This program is a division of the Substance Abuse Services Center, a not-for-profit agency licensed by The Iowa Department of Public Health-Division of Substance Abuse. The Gambling Treatment Program offers the following services: a free initial consultation about a possible gambling problem; further assessment; counseling for individuals, couples and families; and other services for family and friends of problem gamblers. Beyond the initial free consultation, fees for Iowa residents are based on a sliding fee scale according to income, family size and ability to pay. Health insurance may cover some costs.**